Monday, October 20, 2014

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OTTAWA metro®

NEWS WORTH SHARING.

PEOPLE STILL LOVE SONGS ABOUT BUTTS

JUST ASK CHART-TOPPER MEGHAN TRAINOR

PAGE 11

Ebola fears affect entire continent

International image of Africa under siege PAGE 6

67's give former coach a Killer birthday present

Kilrea's 80th sees 6-3 win PAGE 5

KIDS STEP UP FOR CANCER CARE

Members of the Nepean Raiders peewee team embark on the Ottawa Regional Cancer Foundation's 7 km Scotiabank Nordic Walk Sunday. About 200 people raised a minimum of $250 and registered to do 3 km, 7 km, 10 km or 15 km walks to support the support the Cancer Foundation's Cancer Coaching Health and Social Care Service.

SEAN MCKIBBON/METRO

Ritchie St. resident 'worried every night'

Living in fear. Locals want change, councillor says shift is happening

JOE LOFARO
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There is a tangible sense of fear among some residents who live near Ritchie Street — a neighbourhood known for gun activity, gang-related crime and the fatal 2013 shooting of a 24-year-old man.

So much so that some residents who feel compelled to speak out against the violence also feel they have to do so anonymously to protect their families.

At a Sunday prayer walk denouncing violent crime, one woman, who did not want her name published or her photo taken, said she worries about what might happen to her children if criminals can identify her.

The walkers strolled past a home in the neighbourhood with the word "snitch," still visible in faint spray paint after an apparent removal attempt.

"As a mother, I feel worried every night when I don't see my kids coming home quickly," said the woman. "I'm worried, what is going to happen to him when he come in. Gunshot is an easy thing in Ritchie, killing is an easy thing for them, selling drugs is an easy thing for them. I can see people just changing drug money. I can see them in my eye."

Sunday's prayer walk, led by Ritchie Street resident Rev. Terry Orchard of the Britannia Baptist Church, was organized to lend spiritual support to concerned residents who want change.

The woman claimed that within the past two weeks, a gunman allegedly pointed a firearm at kids who were playing at a park.

"Some of the kids, which I don't want to mention, really, I know them," she said. "And I was standing there when the police was investigating them. The kid who was describing a man who was pointing a gun on them."

Coun. Mark Taylor, who is running for re-election in Bay Ward, visited the Dr. F.J. McDonald Catholic School where residents gathered before the walk. He said he understands the safety concerns some residents have, but said there's been a shift to more community engagement in the past four years.

"I always tell people, Google Ritchie Street (and) you'll find negative things," said Taylor, "Google Britannia Woods Community, and you'll find nothing but good things. And they're the same geographic place."

Whipping up 24-karat bars of ... chocolate

Local chocolatier's creations are organic, kosher and sometimes wrapped in precious metals PAGE 3

Who took the credit from the cookie jar?

Gail Vaz-Oxlade on why you need to get out of that credit crunch and spend within your means PAGE 15

Old-fart behemoth buying some cool points

A look at why Microsoft bought Minecraft maker Mojang PAGE 9

Tasty trek to northern Italy

Make this hearty dish with shrimp, beans and pesto for dinner and it'll be a buona notte PAGE 20

Public servants offer up science lessons in Ottawa

In its 22nd year. National Science and Tech Week gives public a glimpse of scientific work done by government

JOE LOFARO
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Kids pet a reticulated python at Natural Resources Canada's Ottawa office Sunday during National Science and Technology Week, which runs across Canada Oct. 17-26. JOE LOFARO/METRO

A slithering, 12-foot long, 55-pound reticulated python was very gentle with dozens of kids who squeezed their way through to the petting table at Science Funfest Sunday morning.

The nine-year-old snake named Hera from Little Ray's Reptile Zoo is the largest type of snake in the world.

So it was no surprise she was one of the hottest attractions among kids during the annual event which took place at the Booth Street Complex as part of the National Science and Technology Week (NSTW).

Celebrating its 22nd year, the event brought in hundreds of visitors for an interactive learning experience which also connected youth with public servants at Natural Resources Canada (NRCan).

Janice Zinck showed families how to mine economically and in an environmentally friendly way — something she focuses on at work as manager of NRCan's mine waste management and processing research program.

She had kids extract chocolate chips from cookies and keep the cookie (the environment) intact as much as possible. At the end of the project, the kids had to assess their reclamation costs — or how many crumbs were made in the process — and count the number of chocolate chips to see if they turned a profit.

"It really shows them how important it is to be protective of the environment when you're trying to extract the resources in the ground," said Zinck, who believes people take for granted the materials we use every day that come from the ground.

She said she has been volunteering with NSTW for the past 14 years because it allows her to give back to the community by sharing her work with Canadians.

"As public servants, it's important for us to share our work with the public … to demonstrate what we do, to engage the public in what we're doing," she said. "I find it very rewarding."

NSTW runs Oct. 17-26. For more information, visit science.gc.ca.

Tory MPP aims to be premier soccer mom

MPP Lisa MacLeod
TORSTAR NEWS SERVICE

Lisa MacLeod made her official pitch to replace Tim Hudak as leader of the Ontario Progressive Conservatives Sunday.

"Do you believe with living within your means while helping those who cannot help themselves?" the married mother-of-one, who turns 40 next week, told about 300 cheering supporters at her campaign launch in Ottawa on Sunday.

"Do you believe in ensuring our children are safe and that our neighbourhoods are safe? Do you believe that through a strong economy we can protect our valued public services like health care and education?" she said.

"These are all the beliefs that appeal to soccer moms and new Ontarians just like me. They might not be voting for us — we need them to vote for us," thundered the Nova Scotia native.

MacLeod, Nepean-Carleton MPP since 2006, said if she wins the May 9 leadership contest she would implement changes to prevent the Tories from the self-inflicted wounds that have cost them recent elections.

"I'll ensure that members have their say on the direction of the party (and) that there will be no more campaign surprises," she said, referring to former PC leader Tim Hudak's unexpected pledge to cut 100,000 public-service positions, which ensured Premier Kathleen Wynne's Liberals were re-elected June 12.

Flanked by a diverse group of backers on stage at the National Arts Centre, she emphasized the Conservatives "have a lot of work to do from the inside" before the 2018 election.

TORSTAR NEWS SERVICE

Bank Street

Good Samaritan visits Dairy Queen

A Good Samaritan paid it forward to a few lucky customers at a Bank Street Dairy Queen over the weekend by paying $70 cash for the next 10 customers, according to store manager Zubair Awan. Awan said the anonymous donor gave the money to a cashier to pay for combo meals.

METRO

McCarthy Road

'Person of interest' sought in shooting

The Ottawa Police Guns and Gangs Unit is looking for a "person of interest" that could be linked to a shooting on McCarthy Road Aug. 17.

Police have released photos of this new person of interest as well as photos of one of the two vehicles that may also be linked to the shooting outside a garden home. Nobody was reported injured in the shooting and police are still looking for witnesses.

Police are looking to identify this person of interest. HANDOUT

Anyone with information is asked to contact the Guns and Gangs Unit at 613-236-1222 ext. 5050 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

TREVOR GREENWAY/METRO

Dead at the scene

Man killed in fiery three-vehicle crash

One man is dead after a fiery crash near Ottawa early Saturday.

Emergency crews were called to a three-vehicle crash around 2 a.m. on McCordick Road in Richmond. When they arrived, one of the cars was on fire with a person trapped inside. The man was pronounced dead at the scene.

THE CANADIAN PRESS

Stable condition

Accident sends three to hospital

An afternoon crash on Highway 417 sent three people to hospital Sunday.

A man in his 30s sustained head injuries in the crash between his car and an SUV while two others, one a four-year-old boy, were taken to hospital for minor injuries. All three were listed in stable condition.

TREVOR GREENWAY/METRO

Chocolate ecstasy no hard sell, just hard to get the word out

Self-taught chocolatier. Whips up golden chocolate bar

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Billy Macy doesn't have to twist his customers' arms to get them to try his latest creations.

Maybe it's the 24 carats of edible gold wrapped in a blend of seven different types of chocolate that taunt their curious taste buds; or the pure organic, kosher and gluten-free recipe that Baroness Chocolates has stuck to.

Either way, the self-taught chocolatier says his customers always leave happier than when they came in.

"You see someone eat the chocolate and they have not just a good reaction, they have this ultra-high reaction: They smile," said Macy, president of the Ottawa chocolate factory.

Quoted

"I give food to somebody, I see the smile, the ecstasy they get from it, I feel good."

Billy Macy, self-taught chocolatier

Baroness Chocolates has only been running for less than a year. Spreading the word has been a bit of a challenge, but those who do taste the locally made treat usually come back.

Macy has been "experimenting" with chocolate recipes for close to a decade after being disappointed by brand-name chocolate bars. His bars focus on smoothness, taste and the experience a good piece of chocolate can evoke.

"Chocolate is a chemical. Like any food, how does it affect you emotionally in your brain?" he asked.

"People don't go for chocolate for a meal, they go for chocolate for a reward or for a joyful experience."

Baroness currently has seven different chocolate bars that are sold mostly in independent grocery stores and coffee shops around the city. Macy's Grand Baroness — an 80 gram bar wrapped in 24 carats of edible gold sells for $150.

Although he said he "didn't hire any Umpa Lumpas" he sometimes feels like Willy Wonka.

"I give food to somebody, I see the smile, the ecstasy they get from it, I feel good," said Macy.

Baroness Chocolates owner Bill Macy grins whenever he gets the chance to show off his fair-trade, locally made chocolates. SEAN MCKIBBON/METRO

Tanger Outlets opening causes highway delays

The westbound lane of Highway 417 clogged to a standstill Friday as the Tanger Outlets mall opened.

There are now 75 new outlet stores in the 316,000-square-foot space for Ottawa shoppers to satisfy their urge to splurge in.

Shoppers clutched 20 per cent off coupons and checked out deals at Gap, J. Crew and Calvin Klein. A lineup for Michael Kors — which had a 50 per cent off sale on some items — stretched outside around the building.

Outlet stores, common in the U.S., offer clothes directly from the manufacturer, rather than through a middleman retailer. The idea is that the clothes are sold for a cheaper price.

But shopper Jan Pollard said outlet malls are not what they used to be.

"We used to go to the States to outlet malls and they were truly last-seasons and end-of-lines and out-of-stocks," she said. "This is very much the new stock for the season."

Still, she said the stores were "beautiful" and that she would be coming back.

A long line of people wait outside the Michael Kors store Friday, opening day for Tanger Outlets. LUCY SCHOLEY/METRO

Others said they were happy with the discounts, while some found them disappointing. Most said the traffic delays were worth the opening day.

Quentin Pell, director of communications for Tanger Outlets, said they "love" having the Canadian Tire Centre across the highway, which is where many shoppers parked on Friday.

"People clearly will shop before a game, after the game," he said. "It makes the area more heavily trafficked. It builds awareness for both the arena and for the shopping centre and hopefully we will have mutual dedicated fans."

Tanger Outlets officials say the new centre — its fourth in Canada — has created 1,000 jobs in Ottawa plus another 700 in construction.

Although Ottawa mayor Jim Watson also boasted about the 1,000-plus job creation, he called opening day a "frustrating experience" because of the traffic. He said he was late for the ribbon-cutting because he was stuck on Highway 417, which is undergoing construction.

"I know the Senators share our concern, so I've reached out to the provincial government to find out why this seems to be taking so long," he said, adding that he was trying to contact the minister of transportation on Friday.

LUCY SCHOLEY/METRO

Wedding show offers ideas inside and outside the box

Ottawa Wedding Show. From mobile manicures to weddings in a box, this event had something for all brides

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A wedding has a lot of moving parts and it's easy to overlook one, but at the Ottawa Wedding Show at the EY Centre, more than 100 vendors did their best to make sure that didn't happen.

"We try to get a good mix," said show manager Dawn Collings, explaining her staff research the cream of the crop in the industry, from photographers to DJs to dress and cake makers.

That includes some unconventional services, such as Wedding in a Box — a business that packages up all the things you need for a wedding with a series of fixed prices so there are no surprises — to Red Nails, a mobile manicure and pedicure biz that will drive to the bride.

Collings said a dog-sitting service had taken a little convincing to sign on for the show, but wasn't disappointed with the response.

"Just think — you've got your pet, you're going away for a weekend, all your friends and family will be with you and then probably a honeymoon. Who is going to mind the dog?"

Collings said one big trend in weddings this year is the DIY wedding and weddings booked in unconventional spots to get away from the rules of traditional venues.

Sure enough, a number of the fashions on offer from boutiques at the show touted their suitability for travel, destination and "rustic" settings.

1 Dress to impress. Finding the 'one'

Nicole Bergevin of Rockland tries on a dress from Dominique Levesque Bridal, while her friend Emily Gelowsky looks it over and store manager Karine Pelissier watches.

ALL PHOTOS BY SEAN MCKIBBON/METRO

2 Dangling a carat. Canadian diamonds add sparkle to Halo wedding rings

Birks Bayshore store manager Marion Croteau, left, and store director Nadia Therrien look at a Amorique Halo collection ring featuring a 1.09 carat Canadian diamond.

3 Having her cake. And eating it, too.

Jacqui Stanzel, owner of JS Creations in Smiths Falls, shows off one of her wedding cakes.

4 Stag and doe. Craft brewery tours are a popular party trend

Brew Donkey tour hosts Katie Collard and Marc Plante stand next to a display of growlers from various craft breweries. The pair said tours are increasingly popular for stag and doe events, as well as bachelor and bachelorette parties.

5 Destination weddings. Here comes the bridesmaid ...

Ottawa 67's give Kilrea a 6-3 win for 80th birthday present

Coach for a day.
Return to spot behind bench a victorious one

MIKE CARROCCETTO
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Hockey Hall of Fame coach Brian Kilrea celebrates a first period Ottawa 67's goal from behind the bench in Ottawa on Friday. Kilrea signed a one-day contract to coach the team on his birthday. He turns 80 on Tuesday. MIKE CARROCCETTO/FOR METRO

Forty years after the first time, he did it again.

Brian "Killer" Kilrea stepped behind the bench at TD Place Friday evening, just four days before his 80th birthday — a present to him from the team, which delivered a decisive 6-3 win over the Mississauga Steelheads. But it was also a present for the 2,308 fans in attendance, as well as the entire city, who got to cheer him on one more time, just five seasons after he officially retired for the final time.

Before the game, at a well-attended media conference, Killer reminisced about his first game behind the bench.

"Frank Donnelly scored the first goal, Timmy Young set him up, about 10 seconds into the game," Kilrea recalled. "We went on to win (9-5)."

When Kilrea was asked about tonight's game, specifically about the refereeing, he quipped, "I won't be quiet if it's a bad call."

He wouldn't be stepping on new head coach Jeff Brown's toes. "I'll let (Brown) make the decisions," the Hockey Hall of Famer said. "But if I see something, I'll talk to a player."

At various times during the game he could be seen leaning toward a player, with what looked like encouraging words. The team's highest profile cheerleader for the past four decades, Kilrea pumped his fist when Ottawa scored a second period goal to take a 2-1 lead.

The 67's never relinquished the lead, winning 6-3. Kilrea has now coached more games — 2,157 — than any other coach in CHL history. The OHL credited Kilrea with a win, upping his record total to a seemingly unbreakable record of 1,194 victories.

His favourite moment, he said, was winning the 1999 Memorial Cup in Ottawa "in front our great fans."

Lance Galbraith, a fan favourite from 1996-2001, was drafted by the 67's at age 16.

"When I came to camp late that summer, I brought back the jersey the team had given me to wear at the draft and had forgotten to return," said Galbraith in a telephone interview. "Killer had heard a lot of things about me. So Brian decided I would billet with him until he got to know me better. I spent a month there (with Brian and his wife Judy), before he found the right billets for me."

"(Back then) he made jokes about how I made my bed. Now I'm almost 35, and it still looks like I made it with a sledgehammer," added Galbraith, who is now an assistant coach with the minor midget AAA Hamilton Jr. Bulldogs. "(Killer) can still toss out those one-liners as good as anyone," says Galbraith, who bumped into Kilrea at a tournament in London last weekend.

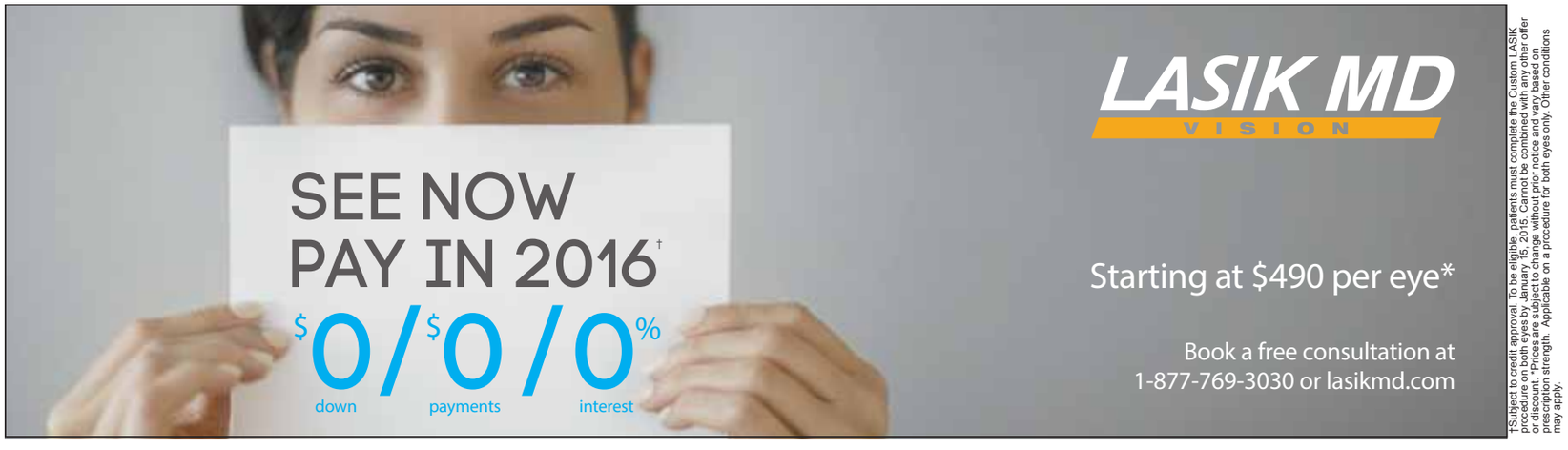
"He is the greatest coach I know and an amazing human being," said former 67's assistant coach Vince Malette who spent nine seasons beside Killer behind the bench. "I enjoyed every moment standing next to him and I definitely miss those times. I learned so much from him. Not only how to be a great coach, but also how to treat people with respect and dignity, added Malette, who's now coaching a professional team in Germany.

Sixteen year-old rookie Travis Barron and Dante Salituro scored twice, with singles by Artur Tyanulin and Erik Bradford, to help the 67's win one for the Killer.

The 67's play the Plymouth Whalers, sans Kilrea, on Sunday. Face-off is 2 p.m.

Kilrea file

- Kilrea scored two goals and added an assist, including the first goal in Los Angeles Kings history, on Oct 14, 1967. The Kings beat the Philadelphia Flyers 4-2.
- Kilrea, who started with the 67's in 1974, lead the team to five Memorial Cup appearances (1997, 1984, 1999, 2001 and 2005), winning two (1984 in Kitchener and 1999 in Ottawa).
- Kilrea won OHL coach of the year four times ('80, '81, '96 and '97). That award is now called the Brian Kilrea Award... During the 2002-03 season, he celebrated his 1000th OHL win.
- Kilrea was inducted into the Hockey Hall of Fame in 2003.
- Kilrea's uncles — Hec, Wally and Ken — had all enjoyed NHL careers, all with the Detroit Red Wings. Brian played one game for the Red Wings in 1957-58 season.
- Some of the biggest stars in 67's history played for Kilrea, including Peter Lee, Bobby Smith, Doug Wilson, Jimmy Fox, Darren Pang, Brad Shaw, Andrew Cassels, Brian Campbell, Mike Peca, Bryan Bickell and Logan Couture.
- Over his 32 seasons behind the 67's bench, Kilrea's team missed the playoffs only once.
- Kilrea came back after being an assistant coach with the New York Islanders (84-86), then 'unretired' in 1995 after the failed Peter Lee coaching experiment.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In this August file photo, a Nigerian health official uses a thermometer on a worker at the arrivals hall of Murtala Muhammed International Airport in Lagos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

Entire continent affected by fears of Ebola outbreak

Feeds into false ideas, fears. 'It speaks to a whole discourse about the danger of Africa,' says African studies prof

In the United States, some parents fearful of deadly Ebola pulled children out of a school after the principal returned from Zambia, an African nation far from the area hit by the disease. In Geneva, a top UN official warned against anti-African discrimination fuelled by fears of Ebola. The disease has ravaged a small part of Africa, but the international image of the whole continent is increasingly under siege.

Guinea, Liberia and Sierra Leone — the African countries afflicted by the Ebola outbreak — have a combined population of about 22 million on a continent with more than 1 billion people. Their corner of West Africa encompasses an area the size of California. Yet the epidemic feeds into a narrative of disaster on a continent of 54 countries that has seen some progress in past years, and false perceptions of Ebola's reach are hurting African business distant from the affected areas.

"It speaks to a whole discourse about the danger of Africa," said Michael Jennings, a senior lecturer in international development at the School of Oriental and African Studies in London.

He cited the redecision of a British school to postpone a visit by a teacher from the West African country of Ghana after parents expressed concern about the Ebola virus. Ghana does not border the hard-hit nations and has not reported any cases of the disease.

Africa has had a troubled image. Famine in Ethiopia, chaos in Somalia and genocide in Rwanda drove the idea of a continent in perpetual crisis. In recent years, an end to a number of wars and ensuing stability and growth pointed to a turnaround that some enthusiasts dubbed "Africa Rising."

Now the economic impact of Ebola fears is being felt in many parts of Africa. Hotels, tourism operators and conference organizers are recording increasing cancellations.

Thirty international buyers pulled out of an annual tourism expo that began Thursday in Zimbabwe's resort town of Victoria Falls, said Karikoga Kaseke, the national tourism agency chief. The southern African country is more than 4,800 kilometres (3,000 miles) from Ebola-hit Liberia, or about twice the distance between London and Moscow.

In the U.S. state of Mississippi, a middle school principal has taken a week of vacation in an attempt to allay parents' fears about Ebola after he returned from a trip to Zambia, another southern African nation without any reported Ebola cases. In Pennsylvania, two high school soccer coaches resigned last week after their players hurled Ebola taunts at an opponent from West Africa.

Soccer players on Sierra Leone's national team have been treated as Ebola risks in African Cup qualifying games even though none of the squad lives in Sierra Leone. Opponents have sometimes refused to shake the hands of the Sierra Leoneans or swap shirts — a tradition after a game — because of fears of catching the deadly virus. THE ASSOCIATED PRESS

Fighting the outbreak

U.S. officials announce updates to protocols, new support team

Revised guidance for health-care workers treating Ebola patients will include using protective gear "with no skin showing," a top federal health official said Sunday, and the Pentagon announced it was forming a team to assist medical staff in the U.S., if needed.

Dr. Anthony Fauci, head of the National Institute of Allergy and Infectious Diseases, said those caring for an Ebola patient at a Dallas hospital were left vulnerable because some of their skin was exposed.

The federal Centers for Disease Control and Prevention is revising safety protocols. Earlier ones, Fauci said, were based on a World Health Organization model in which care was given in more remote places, and without intensive training for health workers.

On Sunday, the Pentagon announced that Defence Secretary Chuck Hagel had ordered the formation of a 30-person support team to assist civilian medical professionals in the U.S. if needed to treat Ebola.

A health-care professional shows how to use Personal Protective Equipment at a Toronto hospital. CHRIS YOUNG/THE CANADIAN PRESS

The team would not be sent to West Africa, and would "be called upon domestically only if deemed prudent by our public health professionals," Pentagon press secretary Rear Adm. John Kirby said in a statement. THE ASSOCIATED PRESS

Quarantine ends

As her boyfriend Thomas Eric Duncan lay dying of Ebola in a hospital bed, Louise Troh battled loneliness and fear that she too had contracted the disease.

- Troh's confinement was ending Sunday night, along with that of several friends, family and others who had contact with Duncan after he first became infectious.
- Ebola has a 21-day incubation period, and the people who interacted with Duncan after he first arrived in Dallas from Liberia will be in the clear.

800 vials. Canadian vaccine now being shipped to WHO

The federal government says Canada will start shipping its experimental Ebola vaccine to the World Health Organization on Monday.

The government says in a release the Public Health Agency of Canada is supplying the vaccine to the UN body in Geneva in its role as the international co-ordinating body for the Ebola outbreak in West Africa.

It says Canada will ship 800 vials of its experimental vaccine in three separate shipments, as a precautionary measure.

The WHO will consult with its partners, including the health authorities from the affected countries, to determine how best to distribute and use the vaccine. For instance, it must take into account concerns about using an experimental vaccine in people.

The WHO says the Ebola outbreak has killed more than 4,500 people in West Africa.

"This vaccine, the product of many years of scientific research and innovation, could be an important tool in curbing the outbreak," said Dr. Gregory Taylor of the public health agency.

"We will continue to work closely with the WHO to address some of the ethical and logistical issues around using this experimental vaccine in the fight against Ebola."

Meanwhile, Prime Minister Stephen Harper is warning Canadians not to be complacent about Ebola virus, suggesting it would be all too easy for the disease to come to Canada.

He brought up the current Ebola crisis on Saturday as he accepted the Rotary Foundation Polio Eradication Champion Award for Canada's efforts to eliminate polio globally. Harper said that much like polio, Ebola must not be underestimated.

"What has happened recently with Ebola reminds us that in an age of globalization and particularly global trade and travel, what was a problem that was at one time far away from us could arrive at our shores very quickly," he said.

The federal government announced Friday it was nearly doubling the amount of money earmarked to fight the outbreak. Canada has committed a total of $65 million.

THE CANADIAN PRESS

Walk to Remember comforts parents

Halifax. Annual walk gives support and raises awareness of infancy loss

HALEY RYAN
Metro in Halifax

Parents and families participate in the sixth annual Halifax Walk to Remember on Sunday. JEFF HARPER/METRO

Julie Marchand held her husband's hand as he pulled two of their children along in a red wagon amongst hundreds of others in Halifax Sunday, many in homemade shirts with ribbons painted on their faces.

About 400 people gathered at the IWK Health Centre and walked a one-kilometre loop around the building for the sixth annual Halifax Walk to Remember, which honours those children lost as a result of a miscarriage, stillbirth or neonatal loss.

"I have three children, one's just not here," Marchand said with a small smile, her family wearing shirts bearing a picture of William, who was lost at 34 weeks in March.

Marchand said the hardest part has been the lack of acknowledgement that William was "here," or having people avoid the subject because they feel it's too sensitive — which Marchand said can be worse.

"This is really healing," Marchand said. "It's important to acknowledge loss."

Stacey MacLean, one of the organizers who also lost a baby named William at 27 weeks, said it's important to bring attention to the issue because it's more common than people realize. Roughly 1 in 4 women will have a miscarriage or stillbirth in their life, she said.

Women and couples should know they can turn to the IWK and the Walk to Remember group for support in a different way than with family or friends, MacLean said.

Memoir. Trudeau spills ink on parents' divorce

By Justin Trudeau's own account, he was once an awkward, insecure youth who was traumatized by his parents' very public split and his mother's mental illness, as well as an indifferent student who struggled in the shadow of his famous father.

Common Ground — which comes out Monday — does not reveal any new specifics about the leader's plans for Canada.

It does, however, disclose in surprisingly frank detail some personal life experiences.

The first child born to then-prime minister Pierre Trudeau and his wife, Margaret, Justin Trudeau recalls "a succession of painful emotional snapshots" that accompanied their break-up when he was only eight: escaping into Archie comic books when his parents were yelling at each other, his mother moving out of the prime ministerial residence, and reading the lurid newspaper headlines about the separation and the wild antics of the newly free Margaret.

THE CANADIAN PRESS

British Columbia. Stranded Russian container ship towed

The stricken Russian container ship Simushir was under tow again Sunday off the north coast of British Columbia.

The Canadian Forces' joint rescue co-ordination centre in Victoria said the ocean-going American tug boat Barbara Foss had a secure line attached to the ship.

A mechanical failure left the Simushir drifting in heavy seas Thursday night, sparking fears it could run aground and spill hundreds of tonnes of fuel along the pristine shores of Haida Gwaii, also known as the Queen Charlotte Islands.

A Canadian Coast Guard vessel tried towing Simushir Saturday, but the tether kept breaking. THE CANADIAN PRESS

Aboriginal women

Canadian Public Health Association joins call for inquiry

In a statement to be released publicly Monday on its website cpha.ca, the Canadian Public Health Association is calling on the federal government to assess any actions taken as a result of previous inquiries, reports and investigations into missing and murdered native women.

It also urges the Conservatives to heed a call from the World Health Organization to develop and implement an integrated action plan for violence prevention that addresses its root causes.

Those efforts should be led by First Nations, Inuit and Métis partners and engage all levels of government and civil society, the association says.

The voluntary, non-governmental association calls itself the independent voice for public health in Canada.

THE CANADIAN PRESS

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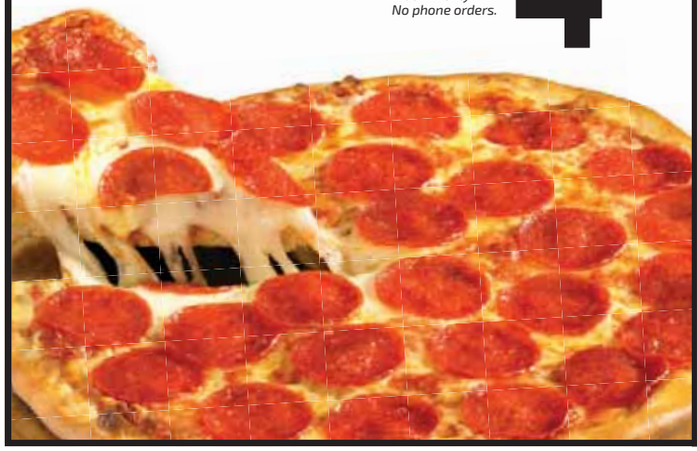

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No phone orders.

Nepal officials shut walking trails, set out on additional rescue efforts

Fatal blizzard. With at least 38 confirmed dead, rescuers returned to the popular hiking route to ensure trekkers' safety

An injured avalanche victim from Israel hugs a friend after boarding an ambulance to head home at Ciwec Clinic in Katmandu, Nepal, on Saturday. Rescue helicopters spotted nine more bodies Saturday on a trail in northern Nepal, bringing the death toll to 38 from last week's snowstorms. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Snowstorm victims

About 25 bodies have been identified from among those killed in Nepal's blizzard.

- **Confirmed deaths.** Of those identified, eight were Nepalese, with others from Canada, India, Israel, Slovakia, Poland and Japan.
- **Canadian casualties.** The names of the Canadians have not been made public, but a Quebec-based tour guide operator said a group of Quebecers were taking part in the trek.

Nepalese authorities closed a section of a popular Himalayan trekking route Sunday after rescuers, overwhelmed with last week's snowstorms that killed at least 38 people — including four Canadians — had to save new hikers who set out on the same trails.

Those who lost their lives in the blizzards and avalanches that hit the upper section of the Annapurna trekking circuit in northern Nepal included foreign trekkers, local guides and villagers. Many of the hundreds who had been stuck in the snow have been brought to safety, while government official Yama Bahadur Chokhyal said rescue helicopters were winding down flights.

But as the weather cleared, new hikers began making their way up the same trails, prompting the government to close the route, Chokhyal said. In some sections, the trails were completely hidden beneath the accumulated snow.

"Our rescuers and helicopters ended up having to bring down these new people while we were still trying to reach the ones who were stranded by the blizzard," he said.

"It was burdening and confusing the rescuers," he said.

The snowstorms were caused by the tail end of a cyclone that struck the Indian coast days earlier.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

Plastic-clad protesters hold steady

Protesters wear protective gear made of plastic bottles at a barricade in the Mong Kok district of Hong Kong early Monday. Three weeks ago, students at a rally stormed a fenced-off courtyard outside Hong Kong's government headquarters, triggering unprecedented mass protests for greater democracy in the semi-autonomous Chinese city. KIN CHEUNG/THE ASSOCIATED PRESS

Human remains

Body may belong to missing student

Searchers found human remains that could be those of a British-born University of Virginia student who has been missing since Sept. 13, police said.

Further tests are needed to confirm that the remains are Hannah Graham's, Charlottesville Police Chief Tim Longo told a news conference Saturday. Jesse Leroy Matthew Jr., 32, has been charged with abduction with intent to defile Graham. THE ASSOCIATED PRESS

South Africa

Convicted killer dies in prison

The man convicted of the murder of a woman killed on her honeymoon in Cape Town has died, South Africa's Department of Correctional Services said.

Xolile Mngeni, convicted for the murder in 2010 of Anni Dewani, died in a hospital unit of a Cape Town prison. Prosecutors argue the woman's husband, Shrien Dewani, conspired with Mngeni and two others to kill his wife.

THE ASSOCIATED PRESS

Rising tension. Leaflets lead to North-South Korea gunfire exchange

Troops from the rival Koreas exchanged gunfire Sunday along their heavily fortified border in the second such shooting in less than 10 days, South Korean officials said. There were no reports of injuries or property damage, but the 10 minutes of shooting highlighted rising tensions between the countries.

The Koreas' first exchange of gunfire came after North Korea opened fire at balloons carrying anti-Pyongyang leaflets that were floating across the border from the South. Sunday's shootout began after North Korea sent soldiers close to the border line. The move was an attempt by the North to increase worries in the South about what might happen if leafleting continues, analysts say.

South Korean activist groups, mostly made up of North Korean defectors, have been staunch in their vows to continue sending the leaflets, which Pyongyang considers propaganda warfare; one group says it intended to float about 50,000 on Saturday. North Korea has warned it will take unspecified stronger measures if leafleting continues.

The Korean Peninsula remains in a technical state of war because the 1950-53 Korean War ended with an armistice, not a peace treaty. About 28,500 U.S. troops are stationed in South Korea.

THE ASSOCIATED PRESS

In this Sept 17 file photo, two South Korean soldiers stand guard at a military checkpoint at the Imjingak Pavilion near the village of Panmunjom, which has separated the countries since the Korean War. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Microsoft mines profits, users with acquisition

HOW TO ROLL
Alison Griffiths
investing@metronews.ca

What has 11 million likes and nearly 95,000 people interacting on Facebook? That would be Minecraft.

Okay, perhaps the numbers pale compared to those on the pages of Shakira, Coca-Cola and the late Bob Marley (who says death is the end of life?). And granted, Minecraft isn't in the same league as the insanely popular online game League of Nations, with more than 20 per cent of worldwide game-playing time.

Minecraft attracts just over 2.6 per cent of gamers at any given time. But the numbers are impressive considering that the majority of those playing this Lego-like game aren't on Facebook and belong to a cohort still under the thumb of parental oversight.

This is what attracted the attention of Microsoft and convinced it to shell out $2.5 billion earlier this month to purchase Mojang, the maker of Minecraft.

Big companies have been buying smaller ones ever since one fish ate another. But this purchase signals a shift in the gaming industry.

In the tech sphere, acquisitions most often happen to gain expertise, technology, access to users or the ability to connect a product with proprietary platforms. Rarely do tech acquisitions happen for profits alone.

But the Mojang purchase offers all of the above to Microsoft. The old-fart behemoth suddenly owns a mountain of young users and the expertise needed to continue to attract them. Minecraft is one of the few games available on all major devices. And miraculously, Mojang is profitable with real and growing revenues.

Minecraft believers can buy into the technology by investing in Microsoft. The downside is you are purchasing dozens of other non-game divisions including decliners such as desktop computing. On the other hand, such diversification is far less risky than buying a one-product stock.

Wallets lighten up during festival of lights

An Indian woman looks at jewelry as people throng a market for shopping on the last Sunday ahead of the Diwali festival in Ahmadabad, India. Diwali, an ancient Hindu festival known as the festival of lights, will be celebrated on Thursday.

AJIT SOLANKI/THE ASSOCIATED PRESS

Intelligence agency links cash to Islamic militants

Canada's financial intelligence agency says it is actively helping police and spies follow the money flowing into the coffers of Islamic extremists fighting overseas.

The Ottawa-based Financial Transactions and Reports Analysis Centre of Canada, known as FinTRAC, has passed along information to investigators as part of the government's effort to combat the Islamic State of Iraq and al-Sham (ISIS), says centre director Gerald Cossette.

Many Canadians have never heard of the centre, which keeps a relatively low profile compared with other national security agencies.

The agency's access to information about banking and financial transactions allows it to see links between people and groups in Canada and abroad that support terrorist activities — including radicalized Canadians bent on waging guerrilla-style war in strife-ridden Iraq and Syria. THE CANADIAN PRESS

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MAY THE ONE WITH THE BIGGEST BUDGET WIN

URBAN COMPASS

Steve Collins
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The timing of Bay Ward council candidate Alex Cullen's latest report on the role of corporate and union money in Ottawa politics seems hardly accidental, released in the final two weeks of a municipal election campaign.

Cullen, crunching financial statements from the 2010 election, found that three-quarters of corporate and union contributions went to just 19 candidates out of 130 on the ballot, and 17 of those went on to victory. That's an impressive track record in picking — or arguably making — winners. In 19 out of 23 cases, the candidate who spent the most money won the election.

While the report lumps corporate and union donations together, and argues both should be banned, 97 per cent of the cash came from corporations, nearly 75 per cent of which do business with the city. The owners of these companies, real estate development, construction, waste management and taxi companies for example, can (and do) also make personal contributions up to the $750 limit, effectively doubling down on their preferred candidates. And doubling's just the beginning. Cullen finds that in several cases combined donations from "related companies," run out of the same address by substantially the same people, exceeded the legal limit of $5,000 on total contributions. A regular human donor without corporate alter egos is limited to a single contribution of $750 to any one candidate, assuming he has that kind of dosh to throw around.

It's a politically advantageous subject for Cullen, who doesn't accept corporate or union donations (I also suspect the lineup of companies keen to support one of their most tireless critics on this front is a pretty short one). And it's a handy hammer with which to bludgeon his opponent in Bay Ward. Coun. Mark Taylor beat him in 2010 with the aid of $9,820 in corporate donations, 24 per cent of his total campaign war chest. Taylor also raised money after the election to cover an outstanding campaign debt. Corporate and union donors accounted for about half of the cash, including a $750 donation from the city's taxi union. By the time that cheque came in, Taylor was chair of the community and protective services committee, which oversees the taxi regulations. Taylor has since characterized taking the contribution as a "rookie mistake." Electoral self-interest aside, Cullen's reports make a pretty convincing case that while votes still decide elections, bigger campaign budgets garner more votes. Of the over $1-million raised and spent in the mayoral race, Mayor Watson's successful campaign accounted for 56 per cent of that total. He also received 74 per cent of all corporate money directed to mayoral candidates.

Watson, without much high-profile competition for the job this time around, has almost certainly consolidated his corporate fundraising dominance. While mayoral contender Mike Maguire sees no problem with corporate donations — "Developers are voters, too," he said last week — he admitted the industry was not exactly showering him in cash. When asked which developers had contributed to his campaign, he initially couldn't think of one, then remembered, "Minto gave me two hundred bucks."

Metro Bitstrips caption contest

Today's winner: Michele Benefield

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WE ACT: CANADA DOES GOOD

B.C. youth finds courage to pursue passions, even live on Mars

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Paige Hunter, youngest candidate in the Mars One Project, New Westminister, B.C.
What: Motivating youth as a We Day speaker to be authentic in the pursuit of their dreams.
Why: When one is confident, no dream is too unrealistic — even living on another planet.

Changing the course of history can come from one small decision. For 19-year-old Hunter, deciding to sign up for the Mars One Project was a no-brainer — she saw it as a chance for adventure and possibly finding new territory for the human race to inhabit.

While the idea may sound far-fetched to some, Hunter says it is essential that youth follow their dreams, no matter how outlandish. At We Day Vancouver on Oct. 22 at the Rogers Arena, she'll explain how her passion, confidence and decision-making landed her as the youngest person on the list to travel to the red planet.

The importance of confidence

"Confidence comes from being genuine and I think people who are insecure are trying to be something that they're not. Be unapologetically you — it's the best way to be." Paige Hunter, 19

How will you relate being on the Mars One list to youth at We Day? "I'll be speaking about my very real, personal experiences to demonstrate that it's 100 per cent possible for me and anyone to achieve what they think is important and pursue any injustice in the world. I think it's really important for youth to understand there's no magic formula to make opportunities happen — of course a bit of luck is involved — but it's what a person does in their day-to-day life and all those little decisions made daily that add up to a bigger experience."

CRAIG AND MARC KIELBURGER

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in Scene and page 21 in Sports.

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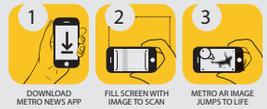

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By recounting his life as a game book filled with multiple paths and endings, NPH takes you for a roaringly funny time through cocktail recipes, boyfriend scribbles, geeky magic tricks, and celebrity interruptions. The intimate details are still there, just playfully told for your entertainment.

Box office

Fury rolls right over Gone Girl

The Second World War drama Fury blew past Gone Girl at theatres this weekend. Gone Girl was tops for two weeks before Brad Pitt and his ragtag tank mates in Fury blasted the film to second place. Fury captured $23.5 million in ticket sales during its opening weekend, according to studio estimates Sunday. Gone Girl followed with $17.8 million. THE ASSOCIATED PRESS

Meghan Trainor is bringing booty back to the big time

All About That Bass.
Singer's playful pop anthem rocks bottoms to the top of charts

PAT HEALY
Metro in Boston

Meghan Trainor is speechless, and it's not because her song All About That Bass has been dominating the Billboard Hot 100 chart for weeks.

She's speechless because she's been singing the song so much that she blew her voice out. We were supposed to talk about Bass on the phone with Trainor, but her doctor made her go on strict vocal rest and cancel all interviews and performances until she got her voice back. So we emailed the Nantucket-born and raised singer, and she seemed happy to answer our questions that way.

Meghan Trainor SARAH MCCOLGAN

Congratulations on another week at No. 1. More than 130 million people have viewed All About That Bass online. Were you prepared for this song to be this huge a hit? What's the biggest adjustment in having a song that everybody knows?
I was not prepared at all. Never thought it would be this huge. It's unbelievable, though, and I'm so grateful that people are reacting to it so well. I'm just glad others could relate to it. The best thing is hearing the crowd sing every word, it gets me all emotional every time.

The song is so much fun, and it's obviously a great message, but did any of the reactions surprise you? I've seen a few long think-pieces on where the song fits into the message of feminism. Was it important to you to put that line in about "skinny bitches" and how even people who could be characterized as such probably also think they're fat?
I have plenty of skinny beautiful friends that people would assume are confident "bitches" but I know in the privacy of their mirrors they destroy themselves because they still don't feel perfect enough in society's eyes. All I did was write a song about loving my size and I'm glad most people can relate and see I didn't set out to shame skinny people.

And now I have a few less serious questions about that song: Did your mama really tell you that "boys like a little more booty to hold at night"? I'd like to know a little bit more about the context of that conversation.
She always tells me "don't worry about your size" and that I'm beautiful. My dad might have said the booty line.

I had read somewhere that your parents were especially encouraging about you pursuing your dream, rather than forcing you to go to college. How did that conversation go, or was it just understood right from the beginning of your music career?
It was always understood. I got a (songwriting) publishing deal when I was 18 years old, so I was still in high school. Yes, I applied to college and got in but my father said, "You will learn way more by doing it than going to school to learn about it."

The music on most of the songs from your EP, Title, seems rooted in both doo-wop and hip-hop. What kind of music did you grow up with in the house?
I grew up listening to soul/R&B/funk/'50s. So all over the place! I didn't know who The Beatles were until I was 15. I love them as well, but my childhood was mostly Earth Wind & Fire, Ray Charles and Stevie Wonder.

You paraphrase Justin Timberlake's Sexyback in Bass when you sing the line, "I'm bringing booty back." Have you heard from JT?
Only in my dreams. But yeah, I'm still waiting for that shout-out!

SCENE

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Tolman's streak of pluck runs out as Fargo's Molly

Beloved character. Series run is up for actress who loved her first TV role as much as fans took to the part she played

Allison Tolman as Molly Solverson in the show Fargo. CHRIS LARGE/FX

Allison Tolman says it feels "bittersweet" to not be returning to FX's Fargo.

Her plucky performance as Det. Molly Solverson won her hordes of fans and an Emmy nomination. But the second season will be set in the past, meaning Tolman won't be back.

"I'm so sad to not be going back with them because it was such an incredible, golden time for me," said Tolman in a telephone interview. Showrunner Noah Hawley has admitted it's a "crime and a tragedy" to let go of Tolman, a previously unknown actress whose Molly quickly won the hearts of fans and critics. But he said it would be "disingenuous" to give her character another wild, Coen brothers-esque case to solve, so he decided to set Season 2 in 1979.

"I got my butt to L.A. pretty fast as soon as I found that out," said Tolman with a laugh. "I certainly didn't want to squander this awesome opportunity that I was afforded by landing this role ... It feels like a lot of responsibility. There's a big potential for a sophomore slump."

Season 1 of Fargo is available on DVD and Blu-ray now. The 10-episode story followed Molly and another officer, Gus Grimly, as they tried to solve a series of murders linked to hapless insurance salesman Lester Nygaard and violent criminal Lorne Malvo.

Tolman, 32, had been temping as a receptionist at a consulting firm when she auditioned for Molly. She had moved to Chicago from Dallas about five years earlier to study at Second City's famed comedy program.

She felt the chances of her landing the Fargo role were "far-fetched," but she threw in a tape anyway. Tolman didn't even tell her family and friends that she made it through callbacks. When Hawley finally phoned her to tell her she had won the part, she was "stunned."

Tolman had been working as an actress for years, whether in theatre or commercials, or improv and sketch comedy. But Fargo marked her first television series.

Tolman said she didn't realize how instrumental her character would be in the storytelling until she received the script for episode two. She also didn't anticipate how beloved Molly would be among fans and critics.

"I was mostly concerned with the show being well-received and well-loved, so I didn't really think about this character and what that meant for me. So it was really awesome to watch people take to her so fondly and in turn take to me so fondly for bringing this character to life," she said. THE CANADIAN PRESS

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first $2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of $7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. ® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.

The original stars of Bewitched are, from left, Elizabeth Montgomery, Dick York and Agnes Moorehead. CONTRIBUTED

Bewitched. '60s sitcom casts TV spell once again

Following the 50th anniversary of its premiere on Sept. 17, the popular 1960s sitcom Bewitched is poised to return to the small screen. Sony Pictures TV is currently shopping a modern-day remake of the series, Deadline.com reports.

Over 42 years after airing its last episode, Bewitched is still working its magic on TV fans. In a testament to its charms, the remake is said to have caught the interest of several American networks.

No possible candidates have been named for the roles of Samantha, Darrin and Endora. In the 2005 movie adaptation, also titled Bewitched, Nicole Kidman, Will Ferrell and Shirley MacLaine played the well-known characters.

Originally airing on ABC from 1964 to 1972, the comedy told the story of Samantha (Elizabeth Montgomery), a witch capable of casting all kinds of spells with a twitch of her nose. After marrying Darrin (Dick York and later Dick Sargent), a common mortal who works at an ad agency, she decides to live a magic-free life. This resolution is hard to keep, in part due to interference from her mother, Endora, also a witch. AFP

Men in Shorts

New ABC comedy is based on gay pro soccer player

ABC plans to take a humorous approach to a delicate subject in Men in Shorts, a comedy inspired by Robbie Rogers, the first openly gay man to play in a top-level North American pro sports league.

Still relatively taboo, the subject of homosexuality in pro sports is at the heart of the comedy.

The project is inspired by the story of Rogers, the American soccer player who came out of the closet on his blog last February, at age 25, after a stint with the English team Leeds United.

Simultaneously, the midfielder announced he was retiring from soccer. But a few months later, he joined the Los Angeles Galaxy and announced he hoped to use the platform to become a role model.

Rogers will be a producer on Men in Shorts, which will explore the professional and personal life of a young gay soccer player not unlike himself, whose decision to be open about his sexual orientation places him squarely in the spotlight.

Rogers also wrote Coming Out to Play, a book about his experience. AFP

Avatar Secrets

Episode 5: Perception

Back in New York, Ramona feels the pull of nostalgia, and, against her better judgment, she calls Blake, her ex-boyfriend. For a moment, it seems perfect. But it's not real. "The digital is real, and what we're doing face-to-face is often quite virtual," says Nathan Jurgenson, a sociologist and co-founder of Cyborgology. Scan this photo for a video of Jurgenson talking about digital dualism.

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

- **Collector cards.** You can also download 10 collector cards from the series!

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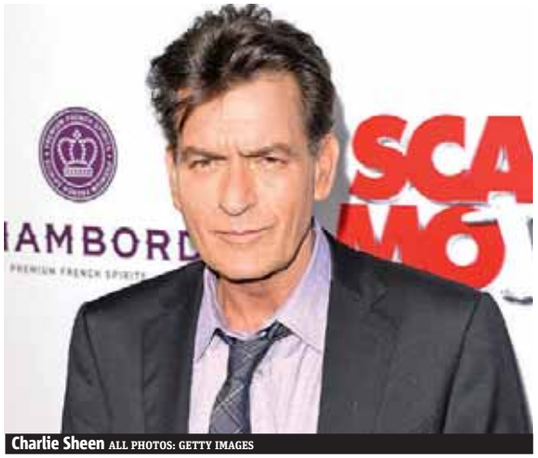

Charlie Sheen ALL PHOTOS: GETTY IMAGES

Three and a half weddings for Charlie Sheen

Folks looking forward to the tasteful and elegant nuptials of Mr. Charlie Sheen and former adult film star Brett Rossi, we have some bad news for you. The wedding is off. Capping a solid month of return-to-form erratic behaviour, the Anger Management star has called it quits with his fiancée, according to Radar Online. "The relationship actually ended a few weeks ago. Charlie finally broke up with her and kicked her out of the house. All of the fighting had just gotten out of control, and Brett was making him miserable," a source who's clearly on Team Sheen says. "Charlie just wanted to hang out with his friends, but Brett always pitched a fit when he did."

At least Sheen is being civil about it, releasing a restrained statement: "Scotty and I had a great year together as we travelled the world and crossed a lot of things off our bucket list. She's a terrific gal, but we've mutually decided to go our separate ways and to not spend the rest of our lives together." And don't worry, getting married wasn't one of the things on their bucket lists, anyway. The planned Nov. 22 wedding would've been Rossi's second and Sheen's fourth. And you really want to make sure she's the one before marriage No. 5. Everyone knows that's the one that sticks.

Russell Brand

Russell Brand heads to the Fox den to do battle

Russell Brand doesn't take nicely to having a talk show appearance cancelled. The comedian and upstart says he was planning to appear on Fox News' Hannity to discuss some hot-button topics until he was told not to bother. So instead he grabbed a laptop and a camera man and did a segment of his own web series, The Trews, on the sidewalk outside Fox's New York City headquarters — until security told him to knock it off. And threatened to have him arrested. "Whether the subject is Islamophobia or it's just the freedom to be in a lobby, Fox is a difficult organization to work with," he says, continuing to film outside the building.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Hugh puts the Cleaver into reprising Bridget Jones character

STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Grant will not be in the third Bridget Jones film. But he promises he will join everyone else in not watching the movie.

Megan Fox says she has "lived many past lives" with husband Brian Austin Green. Megan, sweetie, you have not. It just seems like it when he asks for his allowance for the 70th time.

This week in Peculiar Occurrences: 1) Esquire's sexiest woman alive, Penelope Cruz refuses to talk about pretty much everything in her interview with the magazine. 2) Idiots who spent $20,000 on Hermes Birkin bags are now returning the bags claiming they smell of weed. 3) Harry Styles is observed exiting his car for the purpose of vomiting. 4) Amal Alamuddin takes new husband George Clooney's name.

Reese Witherspoon thinks last year's arrest for DUI "showed I have a complexity that people didn't know about." After she finishes stalking Miley Cyrus and shoplifting at the zoo, she hopes that we'll know her completely.

Chelsea Handler says that being friends with Jennifer Aniston is a "real burden" because of the constant wedding questions. "Well," says Jennifer, "the planning just got so much easier now that I don't have to worry about finding someone willing to sit next to Chelsea Handler."

Kate Mara and Shia LaBeouf are photographed visiting Disneyland together. They're not dating or anything. They were just there to help Reese Witherspoon push Mickey into a wall, so she could finally cross that minor assault charge off her list.

Nick Cannon says that the Jesus-angel-horror-nightmare tattoo he got to cover up "Mariah" isn't finished yet. That's a relief. Twenty decomposing goblins and a dragon skeleton will cheer it up considerably.

Snoop Dogg Instagrams a picture of someone not Iggy Azalea with the caption "Iggy Azalea no makeup." Next he'll totally put gum in Iggy's hair.

Jude Law

The Law of Jude: Exes must part with a baby

You probably didn't have any doubts about Jude Law's virility, but just in case, the Sherlock Holmes star is working hard to put them to rest. "I can confirm that Jude Law and Catherine Harding are expecting a child together in the spring," the actor's rep tells People magazine. And even though Law and Harding "are no longer in a relationship," they "are both wholeheartedly committed to raising their child." If this all sounds familiar, it's because Law had his current youngest child, five-year-old Sophia, under similar circumstances, announcing that ex Samantha Burke was expecting after they'd split up. He also has two children with ex-wife Sadie Frost. A word of warning to future ex-girlfriends of Law: Ask for clarification before accepting any "going away presents" he might offer.

You're going to feel like a jerk for dissing Bono's shades

Bono

We've been making fun of Bono's ever-present massive sunglasses for two decades now, going all the way back to the Zoo TV tour, but it turns out we're all jerks. Congratulations. When asked by Graham Norton during an interview if he ever takes his trademark shades off, the U2 front-man offered this comedy-killing explanation: "This is a good place to explain to people that I've had glaucoma for the last 20 years." See, don't you feel terrible now? But while glaucoma can lead to blindness if not treated, Bono's going to be just fine. "I have good treatments and I am going to be fine," he said. But we can still make fun of him for the whole forcing an album on all iTunes users thing, right?

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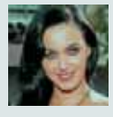
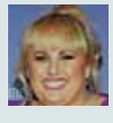


@katyperry
I love when I meet a person so smart they short circuit during their conversation

@lenadunham
You know when you forget to eat for a few hours, decide that you're above food/people who eat are pathetic, then consume a whole chicken?



@RebelWilson
Who can train for a marathon? I'm currently training to be able to blow dry AND straighten my own hair without having to take a break

Stop treating your credit card like a bottomless cookie jar

Debt trap. The only way to truly take control of your life is to stop spending beyond your financial means

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People stop me on the street, in the mall, at the supermarket to ask me if the people who appeared on my TV shows were real and, by the way, how could they ever get themselves into so much debt.

It's easier than most people think.

A credit card is kind of like a bottomless cookie jar. With easy access to credit, there's no reason to wonder when the treats will run out, and you are never disappointed.

Want a new outfit? Just stick it on a credit card. Want dinner with a bunch of friends? Ka-ching, ka-ching. Desperately in need of a sunny vacation to beat the winter blues? There's room on the card and that's just what it's for, right?

When credit became a commodity and lenders started hiking limits and offering incentives to take on more cards, people started behaving like greedy children, gobbling cookies without a thought to the tummy ache that would eventually follow.

Now, Canadians think nothing of spending more than they make every year. Hey grown-ups, before you think to chastise a child for anything, think about your own lack of self-control!

Sometimes there are cookies in life, sometimes there are not. ISTOCK

How did we get so much credit? All you needed was a nice, shiny credit score and you could have all the credit you wanted.

Do you know that people who make only the minimum payment on their credit cards have a better credit score than those who pay off their balances in full every month? Why? Because they're more profitable customers, so they score higher.

Do you want to be some company's dream customer, paying gobs of interest and twisting in the wind when the company decides to change the rules of the game? Or do you want to be in charge of your money and your life?

Focusing on your credit score is a trick, a distraction from the real issue: You have to learn to live within your means.

Credit cards only serve you when you have the power. Give the power to the creditor and you're a puppet, jumping and twitching. So, do you want to be some credit card company's puppet? Like the feeling of twitching when collectors call? No? OK then, it's time to retake control.

Being in charge means being out of debt. It means paying off your balance in full every single month. It means having only as much credit available as suits your needs.

Living within your means isn't as hard as some people think. Yes, you have to make choices. And yes, you may have to wait a while before you can take that vacation.

But when you stop treating your cookie jar like it has no bottom and start living within your means, you'll be in charge.

Sometimes there are cookies, and sometimes not. And if there are no cookies for a while, that's not the end of the world. You just have to get busy baking!

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

How did we get into this gigantic mess?

Equifax Canada is predicting that our consumer debt levels will hit $1.4 trillion in 2014. Here's why:

1. People are paying only the minimum required on their credit cards. Those tiny payments are easy to work into their cash flow and, since people are loathe to add up what they actually owe, make people feel their debt is manageable. Ditto the debt on lines of credit.

2. We simply don't understand or won't accept the fact that all that consumer debt is "callable." That means, at the bank's whim, you can be asked to repay what you owe in its totality and, if you can't, you'll be sent to collections immediately. When you warn people of that, they say things like, "Oh, the bank would never do that." Yes, they would.

3. Folks won't live within their means. All that keeping up is going to end up costing a lot of them their financial security — something far more important than snappy shoes or the latest toy. For the people who would rather have granite countertops than a six-month emergency fund, it is only a matter of time before all that debt catches up with them.

4. Our net worth has grown and we keep being told that all the debt we have is OK because, hey, look at how much we have in assets. Here's the problem with that argument. Let the stock market change direction, or let the real estate market see a correction, and you'll watch your net worth plummet. The debt? Well, it's here to stay. As solid as concrete tied around your neck, that debt is going nowhere.

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Money 101. Two couples, one year to make them richer

Building future financial foundations

In only 10 months, our two Metro Money Couples have improved their net worth by more than $70,000. As we near the end of 2014, it is my mission to send each couple into the future with a rock solid financial plan. – *Lesley-Anne Scorgie*

Anne-Marie and Peter are putting together the next steps for each of their financial goals. SHUTTERSTOCK

Carolina and Jose would like to save money so their children can afford various activities. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie, Peter and their daughter recently returned from a 10-day holiday in Ireland, followed by Thanksgiving weekend with family in Moncton, N.B. Thanks to their credit card points and a free annual companion flight, the couple was able to reduce their flight expenses to less than $1,000.

While away, Anne-Marie and Peter stayed with friends and family, further reducing their travel expenses. All in, the well-planned trip cost less than $1,800 by saving in advance through regular monthly contributions into their high-interest savings account.

Upon their return, Anne-Marie, who is on parental leave, learned her employer plans to lay off up to 3,000 staff in the coming years. She is nervous, but has been assured by her employer that her seniority, high level of education, and bilingual language skills count heavily towards her job security.

Peter returned to much better news from his employer — they are thinking of giving him a sizable raise and promotion that he has been hankering for over the past three years.

This month, our focus was to lay the foundation for Anne-Marie and Peter's five-year financial plan. Every great financial plan is rooted in the principle of steadily growing net worth each year, while working towards common goals. Thus, I asked Anne-Marie and Peter what their specific goals for the next five years are and when they plan to accomplish them.

The goals were: Attain better life insurance (one year or less); debt freedom (one year or less); get a raise or a different job for Peter (one year or less); expand their family (one to three years); buy a home (three to five years); grow investments to $250,000 (five years); travel (ongoing); grow income three to four per cent annually (ongoing).

Most notably, Anne-Marie and Peter's investment goals are aggressive, as is their need to save a down payment.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $105,000
- Homework from last month: Develop a plan to save a down payment and continue the hunt for an investment and insurance adviser

Homework

Over the course of the next month, I will help Anne-Marie and Peter put together the next steps for each of their goals. Their homework is to prepare a high-level, five-year budget that will accommodate their goals.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Throughout the past month, Carolina and Jose have spent more than usual having fun with friends and performing low-cost home maintenance. They also received partial financial assistance from their condo association for the removal of trees and debris as a result of a freak snowstorm in September.

Between the costs of their social endeavours, home improvements and snowstorm cleanup, they are feeling financially squeezed. It's time for serious frugal living from now until the end of the year.

Thankfully, Jose's salary is up for review later this month, and his company is considering making him the safety manager for his entire division. This potential raise would equate to approximately $5,000 per year, a significant improvement to the couple's budget.

Now that the couple has officially settled into their new home, and Jose's job continues to improve, they are ready to turn their attention to their eventual retirement. Jose and Carolina have expressed concerns that their student debt is preventing them from being able to save money. But we have found an opportunity within their budget, approximately $100 per month, that they can use toward building their RRSPs.

As the first step in establishing their financial plan, Jose and Carolina shared the following goals and time frame to accomplish them for the next five years.

The goals were: Establish RRSPs (one year or less); attain life insurance (one year or less); open an RESP for each child (one to two years); afford activities for each child (two to three years); debt freedom from student loans and line of credit (five years); get a bigger home (five years); grow investments to $50,000 (five years); travel (ongoing); grow income three to four per cent annually (ongoing).

Also of note is that Jose and Carolina would like to save up to take a vacation — just the two of them — for their 10-year wedding anniversary, which is fast approaching. They will need to tuck away approximately $6,000 to make that dream a reality.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $3,000
- Homework from last month: Begin exploring investments

Homework

Similar to Anne-Marie and Peter, Carolina and Jose's homework includes building a five-year budget around their five-year goals, as well as opening up their RRSPs.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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‘No one had done a conference about black women in tech before’

Lady and the tech. Kathryn Finney is working to create a support system for minority females in the industry

LAKSHMI GANDHI
Metro in New York City

Kathryn Finney says many people are discouraged from pursuing a career in tech before they even begin. ISTOCK

When Kathryn Finney founded digitalundivided — an organization devoted to engaging minority communities with the tech world — she didn’t know quite what to expect. It was 2012 and it didn’t seem like there were a lot of resources available to African-American women in the field.

“We had no idea who was going to come,” says Finney of digitalundivided’s FOCUS100 conference. “No one had done a conference about black women in tech before.”

There’s been a lot of talk in recent months about the lack of diversity in tech — and about the lack of female and African American representation in that world in particular.

Finney began her site The Budget Fashionista during the early days of the fashion blogosphere in 2003. She says that she’s seen firsthand the challenges that many black female entrepreneurs in tech face.

“I was the only black person at one conference and one of three women,” she says, “and I remember just how marginalized we were. Everyone just kind of ignored me.”

In the years since then, Finney says she’s thought a lot about how other women and people of colour can be given opportunities to break into what is often an insular field.

She says she draws inspiration from the story of her own family in particular.

“My father was a brewery worker and the brewery shut down,” she recalls, noting that this was a common story in her hometown of Milwaukee during the 1980s. “My father saw himself as a displaced worker.”

The senior Finney managed to meet with an executive at IBM and get an internship at the company at the age of 36. That opportunity launched his second career, eventually landing him at Microsoft. Finney shares these lessons she learned from both her father’s story and her own to navigating the world of tech.

Embrace your outsider status

“The best way to handle it is to embrace being the unicorn,” says Finney, often the only woman of colour in a room of executives. “It’s not your job or responsibility to give racial sensitivity lessons. In fact, it distracts you from your ability to grow your business.”

Don’t try to be the official spokesperson

As many tech companies have gone through some soul-searching about diversity in recent months, there have also been some high-profile comments from some techies decrying the need to recruit from underserved communities. “For the most part I don’t engage (with those people),” says Finney. “I don’t look at that as my job. Our responsibility isn’t to diversify tech. Our goal is to help black women get into the tech pipeline.”

Give entrepreneurs the support they need

Creating a strong support system for women in tech, says Finney, is key to success down the line. “You’re kind of like the mafia,” she says of her group, which is already two years strong. “Once you’re in, you don’t leave.”

Create a path for others

- Finney and her group digitalundivided are concentrating on helping women of colour find opportunities that suit them. Part of the problem, she says, is that many people have a misguided idea of what working in the field means and are discouraged from pursuing a career in tech before they even begin. “We have to show people the path and show what the end of the pipeline looks like,” says Finney.

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Wandering into a workspace near you

An office open to all.
Rentable workspaces are a trendy option for those lacking a cubicle to call their own

EMILY LAURENCE
Metro in New York City

If you're self-employed or work mostly alone, you know how hard it can be to get motivated. A day planned to be productive can turn into sleeping in, getting sidetracked by Buzzfeed, eating and then going to the gym because you feel too cooped up.

A solution to this problem is quickly emerging in rentable workspaces that are not only thoughtfully designed to spark creativity but also serve as a place to form business connections. And it's not just bloggers who are taking advantage. Businesses are starting to rent spaces out, too. Here, we highlight some of the available options:

WeWork CONTRIBUTED

WeWork
With 26 locations worldwide and 14,000 members, WeWork is truly on the forefront of this movement. Founding partner Rebekah Paltrow Neumann tells us the three components that make up the WeWork platform are space, community and services. Unlike other members-only workspaces, WeWork actually offers back-end tech support. And they've found it isn't just startups and independent workers taking advantage of their locations, workshops and other perks, like the WeWork app, that connects people who are looking for help with, say, WordPress. Big, global companies, like Reddit, rent out WeWork space, using it for satellite offices.

NeueHouse
This six-storey space in New York has an industrial-chic feel, with a full restaurant on the ground floor, open tables and plenty of private conference rooms. Some members choose to only have access to the main level ($600 per month), while others rent a permanent space upstairs (roughly $1,400 per month). Magazines Monocle and Surface have both made NeueHouse home base, as well as other small businesses like a startup coffee business and a team of private investors. With a concierge to check in clients and arrange meetings, hospitality is paramount.

Makeshift Society Brooklyn
Located in Williamsburg, Makeshift Society Brooklyn has a totally different vibe, which co-founder Bryan Boyer tells us was made to reflect the neighbourhood. There is another location in San Francisco that he says fits the neighbourhood feel there, too.

Here, the emphasis on connecting people and helping businesses grow is especially strong.

"When people join, we take the time to find out what they do and what they're working on, and we'll say, 'Oh, you should meet so-and-so.' Having things like a communal kitchen, open workspaces and mixers connects people without it being a 'networking event,'" Boyer tells us.

Makeshift Society Brooklyn has regular events and classes where topics range from typography to making the whole working-for-yourself thing actually pay off.

Various memberships are offered, with a base $30 day pass, increasing to $50 a month to use the open workspaces, and topping at $500 a month for a permanent space where you can keep your computer and files.

NeueHouse CONTRIBUTED

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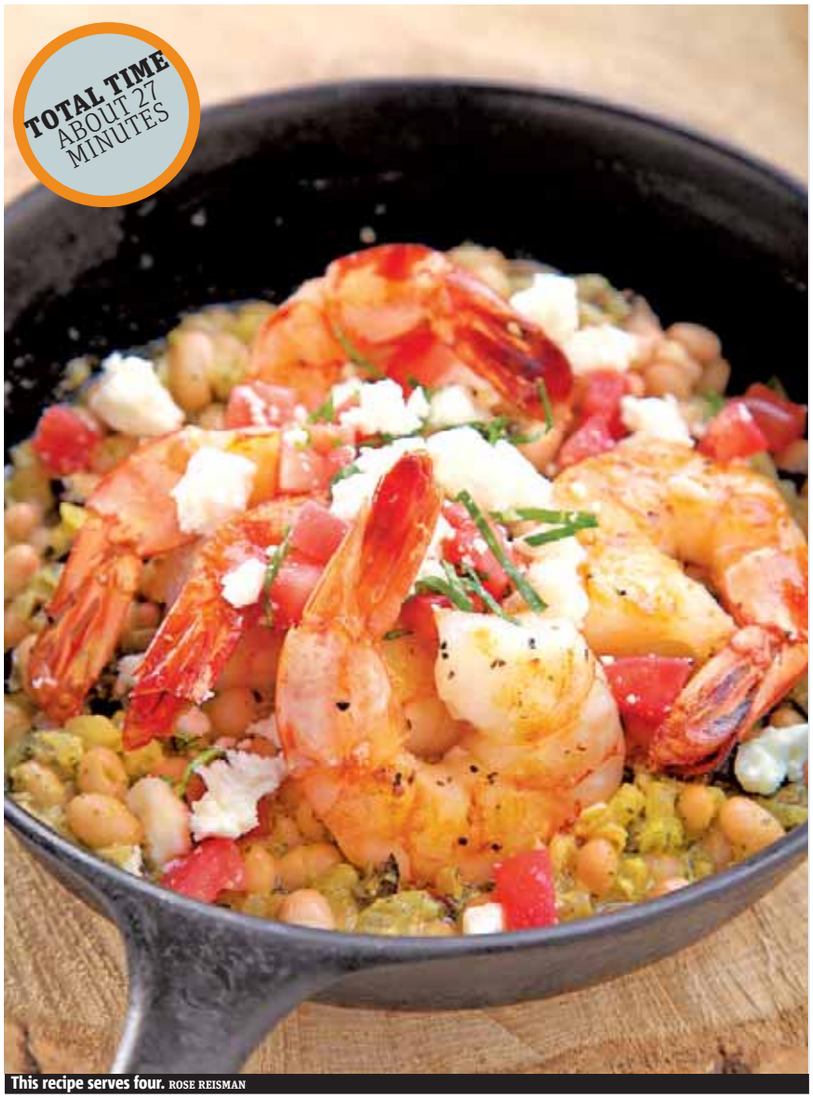
Beans and seafood team up for a dish inspired by fare from Northern Italy



This recipe serves four. ROSE REISMAN

Shrimp with White Beans, Lemon and Pesto. If you have a skillet and a few staples, you have a quick meal

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This hearty meal is similar to a classic dish that comes from Northern Italy.

The beans and pesto blend really well with the olives and grilled shrimp.

I love to serve this skillet dish with a green salad, and good quality olive oil and balsamic vinegar.

Add a piece of Italian bread to soak up the delicious pesto and you're in heaven!

If you have the time, cooking the beans from scratch is a real delicacy.

I use the quick soak-and-cook method.

Just cover your beans with water, bring to a boil and cook for two minutes. Remove from the heat and let sit, covered, for 1 hour. Drain, cover the beans with water and simmer just until tender.

Beans are a high-quality carbohydrate that is rich in vitamins, minerals and fibre. They can help lower cholesterol, high blood pressure, triglycerides and reduce the risk of heart disease, Type 2 diabetes, obesity and osteoporosis.

Beware of store-bought pesto that contains excess oil. You can also make your own pesto using whatever herbs are in season. I like to use a combination of basil, parsley and cilantro for a twist on the traditional.

As a time-saver, cook the onion and bean dish early in the day, but cook the shrimp just before serving.

Directions

1. Either grill or sauté shrimp in a skillet sprayed with vegetable oil just until cooked (about 5 minutes). Set aside.

2. In a large skillet sprayed with vegetable spray, add the oil and sauté the onion and garlic for 5 minutes on medium heat until soft and lightly browned. Add the beans, pesto, stock, lemon juice, and olives and cook for 2 minutes until the dish is warm.

3. Place on serving plate and top with shrimp, feta and tomatoes. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving

- **Calories.** 197
- **Carbohydrates.** 19 g
- **Fibre.** 1.3 g
- **Protein.** 20.5 g
- **Total fat.** 5.3 g
- **Saturated fat.** 1.6 g
- **Cholesterol.** 110 mg
- **Sodium.** 350 mg

Ingredients

- 12 oz large shelled shrimp (tail left on)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 tsp minced garlic
- 1 1/2 cups canned white navy beans or kidney beans, drained and rinsed
- 1/4 cup store-bought or home made pesto
- 1/3 cup low-sodium chicken stock
- 1 1/2 tbsp lemon juice
- 1/4 cup chopped black olives

Garnish

1/3 cup crumbled reduced-fat feta cheese (1 1/2 oz/45 g)
1/2 cup diced tomatoes

Enjoy your greens with some texture

A delicious and interesting side salad, this dish combines the distinct flavours of kale, sun-dried tomatoes, goat cheese and berries.

Feel free to substitute the kale with arugula or spinach and the berries of your choice.

To rehydrate sun-dried tomatoes just soak them in hot water for five minutes or microwave for one minute. Drain them well and chop.

Avoid those packed in oil, as they contain excess oil and fat.

Ingredients

Dressing

- 1/2 tsp crushed garlic
- 1 tsp Dijon mustard
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp water

Salad

- 4 cups baby kale, spinach or arugula
- 1/4 cup halved, toasted cashews
- 2 oz goat cheese, crumbled
- 8 rehydrated sun-dried tomatoes sliced in half
- 1/2 cup black berries or raspberries

I like to use baby kale, which has softer small leaves and is easier to digest than the larger tougher leaves that have to be "massaged" to become tender.

Kale is a super-green, containing vitamin K, which supports normal blood clotting, bone health and antioxidant activity. It's also high in iron, Vitamin A, C and calcium.

1. In small bowl, combine garlic, mustard, vinegar, oil, lemon juice and water until well mixed.

2. Place kale in serving bowl; sprinkle with nuts, goat cheese, tomatoes and berries. Pour dressing over top and toss gently.

ROSE REISMAN

This recipe serves four. ROSE REISMAN

CFL

Eskimos come from behind to beat Roughriders

Mike Reilly staged an 84-yard touchdown drive midway through the fourth quarter to lift the Edmonton Eskimos to a 24-19 victory over the host Saskatchewan Roughriders on Sunday.

Reilly called his own number on the touchdown, a five-yard run that saw him dive across the goal-line.

The Eskimos' defence shut out Kerry Joseph and the Riders' offence until the final minute of the second half, while Reilly and Edmonton's special teams scored 20 unanswered points after halftime en route to their second straight win to improve to 11-5.

Reilly completed 20 of 30 pass attempts for 260 yards and an interception.

THE CANADIAN PRESS

Conditioning stint

Canucks send Horvat to AHL

The Vancouver Canucks have assigned centre Bo Horvat to the Utica Comets of the American Hockey League on a conditioning assignment.

Horvat, 19, had one goal in five pre-season games with the Canucks. Last season he appeared in 54 games for the OHL London Knights collecting a career-high 74 points (30 goals, 44 assists) and 36 penalty minutes.

The six-foot-one, 216-pound centre was originally selected by Vancouver ninth overall in the 2013 NHL draft.

THE CANADIAN PRESS

Rams' bag of tricks ground Seahawks

NFL. Trickery on special teams help St. Louis send defending champs down to 3-3

metro AR Rams defenders Robert Quinn, top, and Marcus Roberson bring down the Seahawks' Kevin Norwood on Sunday in St. Louis. The Rams won 28-26. Scan the image with the Metro News app for more scores from the NFL on Sunday. DILIP VISHWANAT/GETTY IMAGES

Walking off the field, his back to the huddle, Austin Davis had no idea the St. Louis Rams would gamble in this spot. Not backed up at their 18.

The quarterback glanced back in surprise to see Johnny Hekker, arm cocked, about to let one go.

It certainly surprised the Seattle Seahawks, even though they've seen it before.

"That's pretty sweet," Hekker said of the pass to a wide-open Benny Cunningham that helped the Rams run out the clock and beat the defending Super Bowl champions 28-26 on Sunday. "We've been practising that play for a long time."

Hekker is a former high school quarterback and is the holder on place kicks. His TD pass on a fake field goal to Danny Amendola, who'd pretended to jog off the field, was the go-ahead score and the lone touchdown for the Rams in a 19-13 win over Seattle in September 2012.

The Seahawks were familiar with the fake punt/pass but didn't expect trickery in that situation. They got fooled more than once.

Stedman Bailey had a 90-yard touchdown on a trick return that had the Seahawks thinking another player was going to field the punt. Cunningham had a 75-yard kickoff return on a squibbed kick that had rolled into the end zone and perhaps put the Seahawks on their heels. It set up an early touchdown for the Rams (2-4).

The Rams won for just the third time in 19 games against Seattle. They scored more than 20 points against Seattle for the first time in 15 meetings since 2006.

"It was great execution by them on a couple different scenarios," Seahawks coach Pete Carroll. "It made a huge difference in this game.

"If they don't catch that ball, it's ours and we kick the field goal and it's over. A very gutsy play."

Russell Wilson rushed for 106 yards on seven carries and also passed for two touchdowns while going 23-for-36 for 313 yards, becoming the first quarterback in NFL history with 300 yards passing and 100 yards rushing.

But the struggling Seahawks fell to 3-3 with a second straight loss.

The Seahawks dominated statistically, outgaining the Rams 463 yards to 272. Doug Baldwin's nine-yard reception cut the deficit to two with 3:18 to go, but the Rams were able to run out the clock after Hekker's completion to Cunningham on fourth-and-3.

THE ASSOCIATED PRESS

Upset special

28	26
Rams	Seahawks

That 70s Line keeping things groovy in L.A.

Los Angeles Kings goalie Jonathan Quick makes a save on the Wild's Zach Parise in Los Angeles on Sunday. CHRISTINE COTTER/THE ASSOCIATED PRESS

Jonathan Quick made 40 saves and Tyler Toffoli had a goal and an assist in the Los Angeles Kings' fourth straight victory, 2-1 over the Minnesota Wild on Sunday.

Toffoli scored an early power-play goal and Tanner Pearson added a third-period goal for the defending Stanley Cup champions, who stayed perfect on their six-game homestand with another dominant game from Quick.

The Kings also got two more goals from That 70s Line — the jersey-number-inspired nickname for Jeff Carter's combo with youngsters Toffoli and Pearson. The trio has scored 11 of Los Angeles' 14 goals this season.

Missing in action

Forward Marian Gaborik missed his third straight game for the Kings, and defenceman Jake Muzzin still hasn't played this season. Both are out with upper-body injuries.

Niklas Backstrom stopped 14 shots and Matt Cooke scored with 13:13 to play for the Wild.

The NHL's best defensive team last season is back in top form again. Cooke's goal was just the third by Los Angeles' opponents in 245 minutes during the homestand, and Quick was stellar in the Kings' crease after tying Rogie Vachon's franchise record with his 32nd career shutout on Thursday.

Los Angeles also held the Wild scoreless on five power plays. THE ASSOCIATED PRESS

4 SPORTS

Boxing and hoops. WBO champ Pacquiao debuts as basketball player

Manny Pacquiao made his professional basketball debut on Sunday, just a month before he is set to defend his WBO welterweight crown.

Pacquiao started Sunday's game for the newly formed KIA Sorento of the Philippine Basketball Association but played only seven minutes and committed two turnovers in his team's 80-66 win over the Blackwater Elite at Philippine Arena.

The boxing icon, who joined the pro league team as a player-coach, played in a pre-season game earlier this month, finishing with one point and two turnovers after a 10-minute stint.

Pacquiao said after the game he would take a break from his KIA duties to focus on the defence of his WBO welterweight crown on Nov. 22 in Macau against undefeated junior welterweight champion Chris Algieri.

At five feet six inches tall, Pacquiao does not have the typical stature of a basketball player, but is a big fan of the sport.

THE ASSOCIATED PRESS

Manny Pacquiao on the court.
GETTY IMAGES

Kelvin Herrera, one part of the 'three-headed' monster in Kansas City's bullpen of relievers, pitching against Baltimore in the American League Championship Series. ED ZURGA/GETTY IMAGES FILE

'Monster' bullpen backs up Royals

The Big Three. Royals relievers keep things safe after six innings

In each game of the American League Championship Series, the three-headed monster of Kelvin Herrera, Wade Davis and All-Star closer Greg Holland slammed the door on the Orioles.

They did it again in the clincher, a 2-1 win that propelled Kansas City into the World Series after a 29-year absence.

Comfortable

"Just get us through six in the ballgame and we can turn it over to the bullpen guys."

Royals manager Ned Yost

Game 1 is Tuesday night against the San Francisco Giants.

The Royals had one of the stingiest bullpens in baseball this season, but the back end was especially dominant. Herrera, who usually handles the seventh inning, had a 1.41 ERA in 70 games. Davis, the eighth-inning guy, had a 1.00 ERA in 71 appearances. And Holland had a 1.44 ERA while saving 46 games, one shy of his franchise record set just last season.

They were at their best in sending the Royals to the World Series, too.

Herrera pitched 5-2/3 scoreless innings against Baltimore, allowing just two hits. Davis went five scoreless innings, also giving up two hits. Holland was the only one to give up a run, but he still managed to save all four games, joining Hall of Famer Dennis Eckersley as the only pitchers to accomplish the feat since the ALCS went to a best-of-seven format.

No wonder every other opposing manager has learned the best chance of beating the Royals is to beat their starters. If they have the lead by the seventh inning, the chances of mounting a comeback against their "Big Three" aren't very good.

THE ASSOCIATED PRESS

Stockholm Open

Berdych bests Dimitrov for title

Top-seeded Tomas Berdych beat defending champion Grigor Dimitrov 5-7, 6-4, 6-4 Sunday to win the Stockholm Open for the second time.

Berdych claimed his 10th career title after breaking Dimitrov's service early in the two latter sets to wrap up the win and stay on course to qualify for the season-ending ATP finals in London.

Dimitrov was bidding to claim his fourth title of the year but slipped further behind Andy Murray in his attempt to qualify for London. THE ASSOCIATED PRESS

NASCAR

Keselowski pulls it off at Talladega

Coming off a tumultuous week and backed into a must-win situation, Brad Keselowski pulled off one of his biggest victories.

Keselowski drove a perfect final two laps in overtime Sunday at Talladega Superspeedway, where he had to win to advance into the third round of NASCAR's championship race. Anything but a victory would have ended his title chances, which took a huge hit last week with a poor finish at Charlotte and a post-race meltdown that earned him a $50,000 US fine. THE ASSOCIATED PRESS

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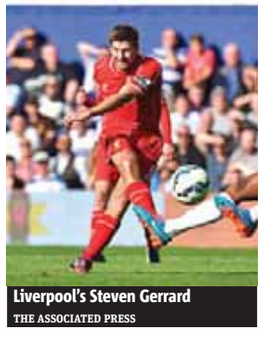


Liverpool's Steven Gerrard
THE ASSOCIATED PRESS

Reds get win on a silver platter

Queens Park Rangers gifted Liverpool a 3-2 win in the Premier League on Sunday after defenders Steven Caulker and Richard Dunne scored own goals at Loftus Road.

In an explosive finish, with four goals in eight minutes, substitute Eduardo Vargas looked to have secured a point for QPR after he scored in the first minute of second-half stoppage time to make it 2-2.

Undeterred, Liverpool launched a late counterattack which ended with Caulker putting into his own net to seal the victory for Brendan Rodgers' team.

Liverpool substitute Philippe Coutinho had put Liverpool 2-1 up in the 90th minute before Vargas equalized.

Earlier, after Mario Balotelli blazed over the bar in the 62nd, Dunne scored the opener five minutes later at the wrong end for his 10th career own goal. Vargas then equalized in the 87th for the first of his two goals.

"QPR certainly did not deserve to lose. We were lucky to get the win, but we showed tremendous character," Rodgers said. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
A friend will offer you advice you should act on. The solution may be painful in the short-term but if you leave a financial issue unresolved it could be hugely costly in the long-term.

♉ Taurus
April 21 - May 21
There may be many things that interest you but there is only one thing that demands your attention. A serious matter needs to be dealt with today.

♊ Gemini
May 22 - June 21
You may have to cut back on your commitments to save time and money but don't overdo it. Jupiter, planet of excess, is strong in your chart today, so you could go too far.

♋ Cancer
June 22 - July 23
You are in a practical frame of mind and that's good because there are everyday issues that need to be dealt with. Focus especially on money matters over the next 24 hours.

♌ Leo
July 24 - Aug. 23
You can be brutally honest and with communications planet Mercury linked to Jupiter, planet of excess, today it is likely you will say something that shocks those around you. Good!

♍ Virgo
Aug. 24 - Sept. 23
Think deeply about what you are doing and where you are going. It's sensible to take stock once in a while.

♎ Libra
Sept. 24 - Oct. 23
Be careful you don't let an opportunity that is tailor-made for your needs slip by without taking advantage of it.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be having serious misgivings about what a loved one is proposing to do and it is your duty to speak up about it.

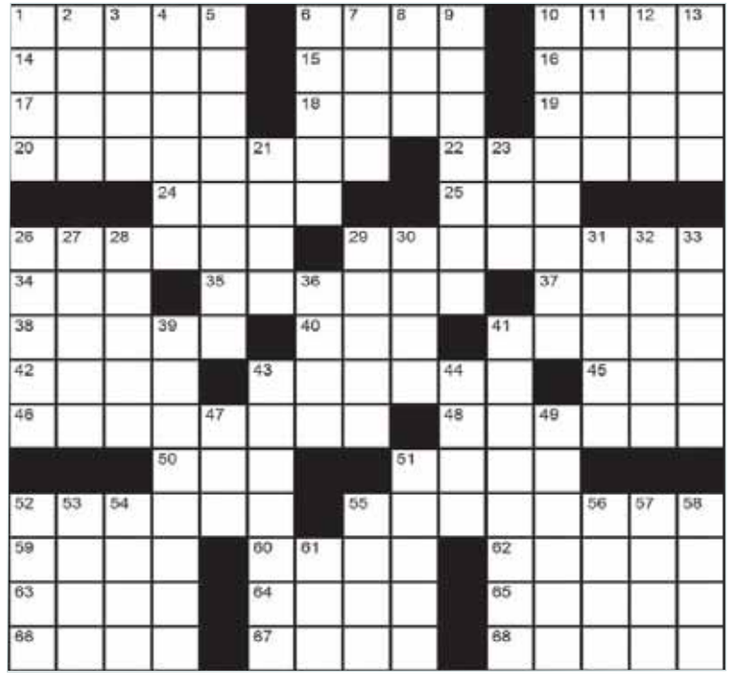
♐ Sagittarius
Nov. 23 - Dec. 21
Slow down a bit and prepare yourself, mentally, emotionally and physically, for the exertions that lie ahead. Don't get involved in anything that is likely to drain your energy.

♑ Capricorn
Dec. 22 - Jan. 20
The news you receive today may not be to your liking but you will still have plenty of time to adjust. Patience is not only a virtue but a necessity if you are to make progress over the next few weeks.

♒ Aquarius
Jan. 21 - Feb. 19
Don't listen to those who say you should be different. You don't need to play a role to make your mark. Act in a way that feels natural to you, not in a way you feel is expected.

♓ Pisces
Feb. 20 - March 20
Life may be unpredictable but that's one of the things that makes it interesting. The planets warn you need to accept that even unsettling events have their place in the cosmic plan.

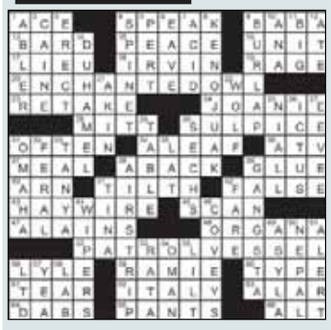
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Rock band, Papa __
6. Canadian Hip-Hop artist, __ 65
10. Canadian film-maker Mr. Sennett
14. Sum 41's "__ __ Deep"
15. Time Machine people
16. Exuberance
17. Catwalk walk
18. Steven __, Canadian violinist
19. Pharmacy amount
20. Villain's expression when pleased: 2 wds.
22. German author of The Sorrows of Young Werther
24. Barrel
25. Winter's first mo.
26. Sherwood Forest: Maid __
29. S.S. __, Canadian ship (named after a character in Shakespeare's The Winter's Tale) which sank in 1918 off Cappahayden, Newfoundland
34. High card
35. Parchment paper
37. Ms. Campbell
38. Scrumptious
40. All-you-can-what?
41. Tree beavers like
42. Virginia willow
43. CNN host Mr. Zakaria
45. Amateur antonym [abbr.]
46. Montreal street; or, actor Jesse
48. Sci-Fi thriller of 2004 filmed in Ottawa
50. Spencer Davis Group's "__ __ Man"
51. David __ (Yahoo! co-founder)
52. Sauce sort
55. "Penny __" (Horror series)
59. Queen in Disney's "Frozen" (2013)
60. Italian saint Philip
62. Mad
63. Ms. McEntire
64. Previous partners
65. Faring
66. Therefore: French
67. Actor Rob
68. Fiction's Jane's

Down
1. Climb
2. A-ha's "The Sun Always Shines __ _._."
3. Longfellow's bell town
4. Anne Murray's "__ _ Have This Dance"
5. Poutine component: 2 wds.
6. Darken
7. __ Bator, Mongolia
8. Bilk
9. Mixed Martial Arts drama starring Nick Jonas, on Bravo
10. __ Sans Frontieres = Doctors Without Borders
11. Care-_-__ (Care Bears home)
12. Money
13. __ socks
21. Ancient symbol
23. Atop, in verse
26. Ms. Bialik of "The Big Bang Theory"
27. Razor-sharp
28. Convened again
29. Emergency light signal
30. Plucked instrument
31. One of The Marx Brothers
32. All
33. Comedian Jay's
36. Fall fall-ee
39. Canadian fiddler Ashley
41. Toronto street; or, Ms. Kane who stars as Mary on "Reign"
43. Pajamas fabric
44. Ms. Falco
47. Friend: French
49. __ Valley, in western Newfoundland
51. Bichon __ (Small dog)
52. Grazing group
53. Margarine
54 Paperback's ID
55. Mr. Carey
56. Reasonable
57. __ Reader (Alternative press magazine)
58. Endurance/longevity
61. Prefix to 'skeleton'

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			9		4	2	5	
6	4				8		9	
5		1	2			8		
2	3		8		7	6		9
8		7	6		1		3	2
		3			5	7		4
	1		4				8	5
	8	5	7		6			

Friday's Sudoku

5	3	2	9	7	8	4	6	1
8	6	7	4	3	1	2	9	5
1	9	4	6	5	2	7	8	3
6	4	3	5	1	9	8	7	2
7	1	5	8	2	6	3	4	9
2	8	9	3	4	7	5	1	6
9	5	6	7	8	3	1	2	4
4	2	8	1	9	5	6	3	7
3	7	1	2	6	4	9	5	8

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